

Healthy Child Care



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Over-the-Counter Cough and Cold Medicine

by Lindsey Malloy, DO, AAP Missouri Representative

Upper Respiratory Infections are one of the most common reasons for acute care physician visits in the U.S. Although there are no cures available for the common cold, many over-the-counter (OTC) medications can relieve some symptoms. So, if a child has a cough, runny nose, and/or watery eyes what are the do's and don'ts?

Recently, the Food and Drug Administration began urging parents not to use decongestants in young children, but it hasn't yet decided exactly what age is too young. *"Kids are not just small adults; their body's ability to handle drugs is developing just like the rest of their body,"* said Dr. Gary Wasserman, a toxicology expert. The Consumer Healthcare Products Association, which represents drug producers, has volunteered to change the labeling of OTC cough and cold medications to say "do not use in children under 4 years of age." Several recent studies show that these products are not effective in children younger than six and may even be harmful and have serious side effects.

Here is a list of easy tips for parents to use.

Do

- ☺ Do give plenty of fluids to ensure adequate hydration.
- ☺ Do use a cool-mist humidifier in the child's bedroom.
- ☺ Do use bulb suction with saline nose drops to clear and loosen thick nasal secretions.
- ☺ Do give acetaminophen (Tylenol) or ibuprofen as directed by your primary health care provider to alleviate pain or discomfort.
- ☺ Do seek health care immediately if child's condition worsens or does not improve.

Don't

- ☹ Don't give more than one type of medication to a child without an order from your child's health care provider. If you give two medications that have the same or similar active ingredients, this could be harmful to your child.
- ☹ Don't give OTC cough and cold medications unless you have an order from your health care provider. OTC medications are often not appropriately labeled for infants and children. If you have questions about dosing, please ask your health care provider first.
- ☹ Don't give children medicine that is for adults. Use only products marked for use in infants or children and use proper measuring devices.

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Be patient, time will cure the common cold.

Section for Child Care Regulation

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Field Trip Safety Precautions

Leaving the premises of a child care facility holds the promise of excitement for both children and staff. However, it can also hold the threat of potential danger if precautions are not taken. The difference is in the details.

Prior to the trip, prepare:

- ☺ **Children** by discussing what to expect. Anticipation is part of the fun!
- ☺ **Staff** by visiting the site to familiarize yourself with the location of the toileting facilities, parking and distance from the parked vehicle to the planned destination.

Remember to:

- ☺ **Notify the parents** before planning any trip. Licensing rules require written parental permission for field trips to be on file.
- ☺ **Carry identifying information in the vehicle.** This must include the name of the provider, the names of the children, and the names, addresses, and telephone numbers of each child's parent. It is a good idea (but not required by licensing rules) to have a master list as well with work, cell and home phone numbers of the parents as well as emergency contact information. It is also a good idea (but not required by licensing rules) to have a picture of each child on his/her contact information to assure quick identification in the event of an emergency or accident.
- ☺ **Have a copy of the emergency medical authorization** with you for all children on the trip (recommended but not required by licensing rule).
- ☺ **Acquaint** all adults and children prior to the trip.
- ☺ **Take frequent name-to-face counts** of all children: before and after getting in vehicles, while at the destination, after toileting, when back in the vehicles and when back at the child care facility. For the safety of children, it is recommended that you never send a child alone to the bathroom on a field trip and that an adult supervise all children, especially preschoolers, in the bathroom.
- ☺ **Maintain staff/child ratio.** It is a good idea (but not required by licensing rules) to have additional adult supervision for the protection of children as well as to assist the staff.

"The young do not know enough to be prudent, and, therefore, they attempt the impossible--and achieve it, generation after generation." Pearl S. Buck

Consumer Product Safety Commission

The U.S. Consumer Product Safety Commission (CPSC) is an independent federal regulatory agency that works to reduce the risk of injuries and deaths from consumer products. You can reach the CPSC through:

The CPSC toll-free hotline at 800.638.2772 or

800.638.8270 for the hearing and speech impaired.

The CPSC Web site at:
www.cpsc.gov.

How to Obtain Recall Information

U.S. CPSC issues approximately 300 product recalls each year, including many products found in child care settings.



Many consumers do not know about the recalls and continue to use potentially unsafe products. As a result, used products may be loaned or given to a charity, relatives or neighbors, or sold at garage sales or secondhand stores. You can help by not accepting, buying, lending, or

selling recalled products. You can contact CPSC to find out whether products have been recalled, and, if so, what you should do with them. If you have products that you wish to donate or sell and you have lost the original packaging, contact CPSC for product information.

To receive CPSC's current recall information weekly by email, register on their Web site. For a quarterly compilation of recalls sent by regular mail, call CPSC's hotline.

Each issue of this newsletter will highlight a recalled product or a safety issue. However, it would be wise to check with CPSC on a regular basis for more comprehensive information.

Stork Craft Recalls More than 500,000 Cribs

The U.S. Consumer Product Safety Commission, in cooperation with Stork Craft Manufacturing Inc. of British Columbia, Canada has voluntarily recalled Stork Craft baby cribs manufactured in Canada, China and Indonesia.

- ▶ The metal support brackets can crack and break causing the mattress to collapse.
- ▶ The resulting gap between the mattress and crib rails allows a child to become entrapped or to suffocate.

CPSC is aware of 10 incidents involving broken mattress support brackets. In one instance, a toddler sustained bruises to his forehead. In another incident, a child reportedly became trapped in the gap between the mattress and the drop side rail; however, no injuries were reported.

Stork Craft cribs were sold from May 2000 through January 2008:

- ▶ For \$100 - \$400.
- ▶ At major retailers nationwide (including J.C. Penney, Kmart and Wal-Mart stores).
- ▶ Online (amazon.com, babiesrus.com, costco.com, sears.com and walmart.com).
- ▶ In various styles and finishes.
- ▶ With the manufacture date, model number, crib name, country of origin, and the firms' name, address, and contact information recorded on the assembly instruction sheet attached to the mattress support board.
- ▶ With the firm's insignia "storkcraft baby" inscribed on the drop side teething rail of some cribs.

Consumers should immediately stop using the recalled cribs and find a safe, alternate sleeping environment for their baby. A free replacement kit with new mattress support brackets is available by contacting Stork Craft at 866.361.3321 anytime or by logging on www.storkcraft.com.

Is your child

Living with Siblings

If you have more than one child, you've probably experienced some sibling issues. Disagreements between siblings, although troubling to parents, are not uncommon or unusual. On the positive side, it can be an opportunity for parents to learn more about what their children need and want. It can also help children learn positive skills to use in relationships for the rest of their lives.

Common Questions from parents of siblings:

Q: What can I do to get my children to stop fighting? I feel like a referee!

A: Sometimes the best way to help may be to avoid getting involved. Allowing children to solve their problems on their own can sometimes be more effective than intervening. However, you must first help them learn how to do this.

Begin by helping them to understand what they are feeling.

Try to describe their feelings.

"You're mad because your brother changed the channel while you were watching television."

Then, help them to define the problem.

"You want to watch different television shows at the same time."

Finally, help them come up with ideas for solving the problem and agreeing on the solution.

"How can you both get to watch your shows?"

Of course, this will take some time, but it's time well spent. The goal is to help them learn to handle conflict on their own by focusing on solutions, not problems.

Q: What can I do to help prevent my kids from fighting?

A: Try to meet the needs of each child as best as you can. This means treating each child *uniquely* if not necessarily equally.

Give each child time, affection and things based on individual needs and interests.

If your son loves to paint, spend an afternoon at a local art museum with him; take your basketball-fan daughter to a game.

Spending time alone with each child will help meet his or her need for your attention—and give you a chance to become closer to one another.



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Lincoln Pennies

To commemorate the 200th birthday of Abraham Lincoln, the US Mint will unveil four new designs for the reverse side of the penny in 2009. A new coin will be issued every three months. These designs will honor Lincoln's:

- ¢ Birth in Kentucky.
- ¢ Boyhood years in Indiana.
- ¢ Professional life in Illinois.
- ¢ Presidency.

To learn more about the Lincoln penny or other interesting facts about money, visit www.usmint.gov. By clicking on "Kids & Teachers," the user will be taken to H.I.P (History In your Pocket) Pocket Change which features:

- ¢ Games for various age levels (coin match, arrow of knowledge, collector's crossword, etc.).
- ¢ Cartoons (birth of a coin, coins of the world).
- ¢ Time machine (travel from 1667 to the present and witness the history, clothes of the period, and money).
- ¢ Coin news (coin of the month, tour of the United States Mint).

Help your children get excited about their country's history and learn about money in the process.



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Make sure siblings have time away from each other and their own space even if it is just their corner of a shared room decorated for them.

Some parents have found that some routine conflicts can be avoided by assigning each child certain days where they can make decisions.

"On Friday nights, Sam gets to decide what we have for dessert; on Saturday nights, Sue gets to decide."

Put control in the children's hands.

"Damon, you can cut the brownie in two pieces, and Caitlin, you decide which piece you want."

Avoid having children compete.

"If we all pick up the toys before lunch, we can all do something fun together this afternoon." (Apply this technique rather than saying, "Whoever cleans up the toys first gets a surprise.")

"If we can all remember to do our chores this week, we'll go out for pizza and skating on Friday." (Again, use this instead of saying, "Whoever remembers to do his chores this week gets to choose a Friday night activity.")

Encourage a team effort rather than competing for first place. You might even have a family motto.

"The Smith family is loving and respectful."

"Sometimes we disagree but only respectfully."

Children who learn to disagree in a respectful manner have gained an important tool for future personal and professional relationships.

For more information on sibling relationships, call the ParentLink WarmLine at 1.800.552.8522 or 1.888.460.0008 En Espanola.

Submitted by:

Meg Roodhouse, M.Ed., ParentLink Project Manager
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Adapted with permission from "Sibling Issues" developed by ParentLink (1999)

Free Resource

Looking for activity ideas to use with your child? Visit the National Association of Child Care Resource and Referral Agencies Web site at www.naccrra.org. Then, click on:

- ▶ For Parents.
- ▶ Play and Learn.
- ▶ Enter your child's age.

This will link you to various ideas using games, sports, crafts, music, cooking, etc.

Obesity Prevention in Child Care

Could the child care setting play a role in obesity prevention? Certain studies indicate it could.

With nearly two-thirds of our nation's children attending child care at least part of the time, the child care setting is a significant source of nutrition at a time in a child's life when nutrition plays a crucial role in physical and brain development.



EARLY START IN CHILD CARE LINKED TO UNHEALTHY WEIGHT GAIN

The University of Illinois-Champaign and the Harvard School of Public Health found that children who started child care when they were younger than three months of age, as opposed to those cared for by parents, were:

- ▶ Less likely to be breastfed.
- ▶ More likely to start solid foods earlier.

Early introduction to solid food and lack of breastfeeding are established risk factors for excessive weight gain.

CHILDREN STARTING SCHOOL OVERWEIGHT

A study conducted by the Peninsula Medical School of Plymouth, UK, suggests childhood obesity is fixed by the age of five years. This study:

- ▶ Found that over 90 percent of excess weight in girls and over 70 percent of excess weight in boys was gained by the time children reached school age.
- ▶ Suggested that more activities should be aimed at a child's home and child care environments rather than waiting until a child reaches school age.

CHILD CARE PROVIDERS CAN HELP

- ▶ Support breastfeeding in your child care facility. Training and resources are available to child care providers through the Child and Adult Care Food Program and the Child Care Health Consultation Program. Breastfeeding is:
 - Healthier for both mom and baby.
 - Known to reduce the risk of obesity.
- ▶ Avoid introducing solid foods too soon.
 - Many parents and child care providers believe that early introduction of solid food will help infants sleep longer and require fewer feedings.
 - Early introduction of solid foods may increase an infant's risk for obesity.
- ▶ Provide nutritious meals and snacks.
 - Include plenty of fruits and vegetables, low-fat or skim milk for children over the age of two, and whole grain cereals and breads.
 - Reduce excess fat in the menus by providing lean meats, poultry and fish.
 - Limit the number of times per week that hot dogs, luncheon meats, sausages, and prepared, frozen entrees are served, as these are typically higher in fat and calories.
- ▶ Model healthy behaviors.
 - Sit with children during meal times and eat the same foods the children are served.
 - Never be seen eating foods or drinking beverages (like soda) that we want to discourage children from consuming.

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- Take part in activities with the children.
- ▶ Reduce TV and computer time.
 - Promote exercise, dance, or other games that increase children's movement.
- ▶ Provide nutrition education.
 - Use every opportunity to discuss the health benefits of nutritious foods and physical activity. Children enjoy learning about foods that make them healthy and strong and that help them to grow.

The child care environment plays a critical role in the prevention of obesity. Do your part to promote a healthy environment for all children!

Submitted by:
Ann McCormack, Community Food and Nutrition Assistance
DHSS (573-751-6269)

Free Early Childhood Physical Activity Calendar

Looking for ideas to help get children moving? Check out the on-line calendar at www.naspeinfo.org under Teacher Toolbox. This free resource is offered by the National Association for Sport and Physical Education (NASPE) and is available in both English and Spanish.



Parents Aren't the Only Teachers

Parents may be a child's first and most important teacher during his or her lifetime. However, numerous other people influence a child often through the crucial stages of life.

Research shows that many parents choose family, friends or neighbors to care for their infant or toddler – often choosing them because of the familiarities and special relationships between the care provider and the child. In the United States, consistently across all socioeconomic statuses, this is the most common type of child care arrangement for children younger than four years of age.

However, several studies have also shown that while this type of care is the most common for infants and toddlers, it is also the lowest quality overall. Often these providers are unaware of the need for a safe, child-proof environment, the value of limiting exposure to television, and the importance of reading and talking frequently to the children in care.

Many care providers are also unaware of essential child development information, a critical understanding to providing quality child care. Reading and understanding children's cues can help increase the quality of care. It can also help child care providers offer an environment that stimulates young minds during the most important period of brain development.

If you would like more information about family, friend and neighbor care providers, Parents as Teachers National Center can help! Parents as Teachers offers curriculum and training that is tailored for those who mentor, train and conduct personal visits with child care providers. To find out more or to view the newest research from Cornell University examining how the quality of home-based child care was improved with this curriculum, check out the Parents as Teachers Web site at www.ParentsAsTeachers.org.

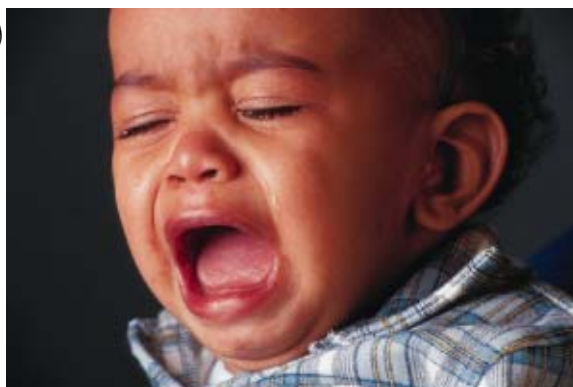
Submitted by:
Julie Mainer, Marketing Communications Coordinator
Parents as Teachers National Center

May 1
Mother Goose Day

Discipline with respect

(for children through 2 years)

- ✓ Acknowledge the situation calmly (not accusingly).
Ex. I know you want to play with the truck, but John is playing with it now.
- ✓ Offer a solution and follow through if you set a time.
Ex. You can play with the truck in a minute.
- ✓ Demonstrate an acceptable behavior.
Ex. Trucks are not for throwing; let's put them back on the shelf.
- ✓ Redirect.
Ex. That is John's truck; this is Mike's truck.
- ✓ Offer two acceptable choices for every "no."
Ex. No, Mike. It hurts to hit. You can hit the ball or you can hit the pillow.



Source:

Character Development: Encouraging Self-Esteem & Self-Discipline in Infants, Toddlers, & Two-Year Olds by Polly Greenberg

Future Issues of this Newsletter

Beginning in 2009, the Healthy Child Care newsletter will be offered on-line or by email. Paper copies will not be mailed. You may view these newsletters (as well as previous newsletters) by:

- ✓ Visiting
www.dhss.mo.gov/ChildCare/HealthyChildCare/
- OR
- ✓ Requesting an email copy by contacting
childcare@dhss.mo.gov.

Thank you for your understanding. We hope you will take advantage of this resource.

This publication provides topical information regarding young children who are cared for in child care settings. We encourage child care providers to make this publication available to parents of children in care or to provide them with the web address (www.dhss.mo.gov/childcare/HealthyChildCare) so they can print their own copy.

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